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HOMEMAKERS' CHAT

Thursday, January 4, 1940

(FOR BROADCAST USE ONLY)

Subject: "BYRD EXPEDITION TAKES NEW FOODS TO THE ANTARCTIC." Information from the Bureau of Dairy Industry, U. S. Department of Agriculture.

--ooOoo--

Get out your fur-lined mittens and fur-lined boots, if you have them, also your extra sweaters, hoods, parkas, ear-muffs, lap robes, and any other warm clothes you possess, for we're going on a trip to a cold place! True, it's an imaginary trip, but it's going to make you shiver just to hear about it! For we're heading for the Antarctic continent, with Admiral Byrd's Expedition,-- and anyway, it's cold even in this country on the 4th of January!

The reason I know you'll be interested in this expedition is that I've just heard about some of the new foods that are included in the supplies for the long cold stay in sub-zero temperatures. These foods are so new they are scarcely out of the laboratory, and, except for one, you can't find them on any market. They are all dairy foods, and in the sense that dairy products come from cows, which are older than Egypt, they are not basically new foods at all. But the Bureau of Dairy Industry of the U. S. Department of Agriculture has been experimenting with some of the products that we get from cow's milk.

Particularly these scientists have been trying to devise new ways of using skim milk and whey as human food. Ordinarily much skim milk and whey are discarded as waste by creameries, although scientists know that they contain valuable food substances. Now these scientists have made some unusual, concentrated products of high food value and exceptional keeping quality out of these two wastes, and have offered to try out their results with the Byrd Expedition. Because of their concentrated food values and their keeping quality these new products are thought to be a valuable addition to the Expedition's supplies

without increasing bulk or weight very much. The new foods will furnish a little variety in the fare of the exploring party, and the men will test out their palatability and sustaining quality.

So that's the story of why the Byrd Antarctic Expedition is taking these dairy foods in its larder. Now as to what they took. The list includes a new kind of dried pea soup, made with whey; a new kind of wafer to eat with the soup; some interesting candies made with whey solids. After all, explorers need a little ^{en} sweetening in their lives, to say nothing of the calorie value of confections!

Then the Bureau of Dairy Industry has packed a quantity of canned American cheddar cheese for the Expedition. This is the only one of the new products which any of you are likely to have seen. A few companies are manufacturing this cheese and it can be found in some cities. It is not the same thing as the processed cheese in glasses or packages. The Bureau of Dairy Industry developed a special valve-vented can in which the natural cheese ripens or cures in the normal way. When the can is opened, - you find a rich, full-flavored, moist cheese that has no rind, and consequently no waste. It does not shrink, dry out, mold, or lose flavor when kept in the unopened can. The cheese is cured in cans varying in size from 12 ounces to 5 pounds. Those taken on the Byrd Expedition were 12-ounce cans. Packed in this way, the cheese is more conveniently served in small portions than the usual bulk cheese of large size and odd shape. Needless to add, this cheese is one of the most concentrated foods the explorers have carried with them.

Now about the dried pea soup. This is one of several kinds of soup made by the dairy scientists from whey solids. Any soup containing whey solids keeps more of its natural color than one made with milk. The pea soup was chosen not only because dried pea soup is always popular on shipboard, and in dried form the soup takes up but little space, but also because the peas are high in food value.

It was not until the middle of the century that the
 first attempts were made to study the life of the
 individual in the family.

The first of these attempts was made by the English
 sociologist, Herbert Spencer, who in 1851 published his

work, "The Principles of Sociology," in which he

discussed the life of the individual in the family
 as a part of the social system. He was the first to

show that the life of the individual in the family

is not a static thing, but a dynamic one, and that
 it is constantly changing. He was the first to show

that the life of the individual in the family is
 not a thing in itself, but a thing which is

connected with the life of the whole society. He

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The dried pea soup is a precooked dry powder which makes a complete soup when one can of the powder is mixed with 4 cans of water and boiled. It contains 65 percent split pea solids, 25 percent whey solids, and 10 percent fat. It has the advantage of being easily transported and quickly prepared, and it also keeps well. The dairy scientists expect that the fat it contains will remain free of rancidity for at least a year at room temperature or below.

Someday, perhaps, we'll be serving skim milk and potato wafers at our parties as we would potato chips, but at present they cannot be bought in stores. The wafers are made by drying or toasting a mixture of boiled potatoes, skim milk and salt. They contain no fat and therefore do not become rancid. But while the ingredients are simple, it is not possible to make the wafers at home because special equipment is necessary, just as it is in making crackers- one of the baked products the housewife leaves to commercial firms who have the equipment. So we'll just have to wait until the manufacturers decide to put the potato wafers on the market.

Putting whey solids in candy is another idea evolved by the dairy scientists. Two kinds of candy- caramels and fudge- have been tucked into the Byrd Expedition supplies by the Bureau of Dairy Industry. Both are made by formulas that include 25 percent of whey solids. I need not tell you how to make these candies, even if you are one of the world's champion fudge makers, because as yet it would be inconvenient for you to get the whey solids.

But these products, too, will come on the market some day, and when you see them just remember some of the first samples went to the Antarctic with Admiral Byrd. Whey candy is superior in food value to ordinary candy because the whey solids displace some of the cane sugar and corn sirup. It contains extra milk sugar, milk salts, milk albumen, and water-soluble vitamins. Both the caramels and fudge are slightly less sweet than ordinary candy.

And now I'll return you to your own fireside to warm up from your Antarctic trip!

